



# SPEEDY JAPANESE-STYLE PORK AND RAMEN NOODLE STIR-FRY with Roasted Peanuts



Add flavour to the dish  
with red capsicum flakes



Ginger



Garlic



Asian Greens



Roasted Peanuts



Sesame Seeds



Hoisin Sauce



Red Capsicum Flakes



Ramen Noodles



Pork Mince



Shredded White Cabbage

**Pantry Staples:** Olive Oil, Soy Sauce, Brown Sugar, Sesame Oil, Water

Hands-on: 20 mins  
Ready in: 25 mins

The most clever bit of this delicious porky noodle dish? The dried red capsicum flakes, which give a depth of flavour and smokiness similar to dried chilli flakes, without any spice.



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **medium saucepan, fine grater, chef's knife, chopping board, large frying pan, wooden spoon, medium bowl, colander and tongs.**



### 1 GET PREPPED

Bring a medium saucepan of water to the boil. Peel and finely grate the **ginger**. Peel and finely grate the **garlic**. Roughly chop the **Asian greens**. Roughly chop the **roasted peanuts**.



### 2 TOAST THE SESAME SEEDS

Heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast, stirring, for **3-4 minutes**, or until golden. Remove from the pan and set aside.



### 3 MAKE THE HOISIN SAUCE

In a medium bowl, combine the toasted **sesame seeds, hoisin sauce, soy sauce, brown sugar, sesame oil, red capsicum flakes and water (check ingredients list for the amount)**. Set aside. **TIP:** Red capsicum flakes are made from dried red capsicums. They are similar to chilli flakes, but without the heat!



### 4 COOK THE NOODLES

Add the **ramen noodles (use suggested amount)** to the saucepan of boiling water and cook for **4 minutes**, or until soft. **Note: Be sure to add the correct amount of noodles so that your dish is perfectly balanced, just the way we planned it.** Drain and return to the saucepan. **TIP:** Drizzle with **olive oil** to prevent the noodles from sticking.



### 5 BRING IT ALL TOGETHER

While the noodles are cooking, return the large frying pan to a medium-high heat and add a **drizzle of olive oil**. Once hot, add the **pork mince** and cook, breaking up with a wooden spoon, for **4 minutes**, or until browned. Add the **shredded white cabbage, ginger and garlic** and stir-fry for **3 minutes**, or until softened and fragrant. Add the **Asian greens** and cook for **1 minute**, or until wilted. Add the **hoisin sauce mixture and the ramen noodles** and stir to coat in the sauce.



### 6 SERVE UP

Divide the pork and ramen noodle stir-fry between bowls and sprinkle over the roasted peanuts.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
Asian greens	2 bunches	4 bunches
roasted peanuts	1 packet (¼ cup)	2 packets (½ cup)
sesame seeds	1 packet (1 tbs)	2 packets (2 tbs)
hoisin sauce	1 sachet (2 tbs)	2 sachets (4 tbs)
soy sauce*	2 ½ tbs	5 tbs
brown sugar*	1 tsp	2 tsp
sesame oil*	½ tsp	1 tsp
red capsicum flakes	1 sachet (2 tsp)	2 sachets (1 tbs)
water*	2 tbs	4 tbs
ramen noodles (use suggested amount)	½ packet (180 g)	1 ½ packets (360 g)
pork mince	1 packet	1 packet
shredded white cabbage	1 bag	1 bag

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2480kJ (593Cal)	536kJ (128Cal)
Protein (g)	40.1g	8.7g
Fat, total (g)	26.7g	5.8g
- saturated (g)	6.0g	1.3g
Carbohydrate (g)	43.5g	9.4g
- sugars (g)	16.7g	3.6g
Sodium (g)	1700mg	367mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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